



HEALTHY LIVING

Improving the nation's health and well-being.

HEALTHY LIVING MEMBERSHIP - ADULTS (HLA)

MONDAY		LOCATION
8:00am-10:00am	Recreational Swim (Adult/Seniors only)	RHS Pool
8:00am-10:00am	Lap Swim	RHS Pool
9:00am-10:00am	Pilates	YPC
10:00am-10:45am	Senior Sculpt	YPC
6:00pm-7:00pm	Barre	YPC
7:00pm-8:00pm	Mat Pilates	YPC
8:30pm-9:30pm	Recreational Swim (Adult/Seniors only)	RHS Pool
8:30pm-9:30pm	Lap Swim	RHS Pool
TUESDAY		
9:00am-10:00am	Yoga	YPC
5:30pm-6:30pm	Total Body	YPC
6:30pm-7:15pm	Zumba	YPC
7:15pm-8:15pm	Yoga	YPC
WEDNESDAY		
5:30-6:30pm	Family Swim (Adults/Children)**	RHS Pool
6:00-7:00pm	Yoga (All Levels)	YPC
7:00-8:00pm	Zumba	YPC
7:30-8:15pm	Aquacize	RHS Pool
8:30-9:30pm	Recreational Swim (Adult/Seniors only)	RHS Pool
8:30-9:30pm	Lap Swim	RHS Pool
THURSDAY		
5:30pm-6:30pm	PiYo	YPC
6:30pm-7:15pm	Zumba	YPC
7:15pm-8:15p	Yoga	YPC
FRIDAY		
11:00am-12:00pm	Zumba Gold	YPC
5:30-6:30pm	Family Swim (Adults/Children)**	RHS Pool
8:30-9:30pm	Recreational Swim (Adult/Seniors only)	RHS Pool
8:30-9:30pm	Lap Swim	RHS Pool
SATURDAY		
8:00am-9:00am	Barre	YPC
9:00am-10:00am	Vinyasa Yoga	YPC
SUNDAY		
12:00-1:30pm	Membership Swim (Adult/Children)	RHS Pool
1:30-3:30pm	Lap Swim	RHS Pool
1:30-3:30pm	Recreational Swim (Adult/Seniors only)	RHS Pool



HLA
\$30
monthly

- Small Class Sizes
- All Fitness Levels
- Friendly Atmosphere
- Latest Exercise Routines
- Babysitting Available
- Seminars/Events
- Air Conditioned Program Center
- Pool - 6 Lanes/25m

Certified instructors who motivate and help you reach your wellness goals!

\$24* 
monthly **62+**
*with discount